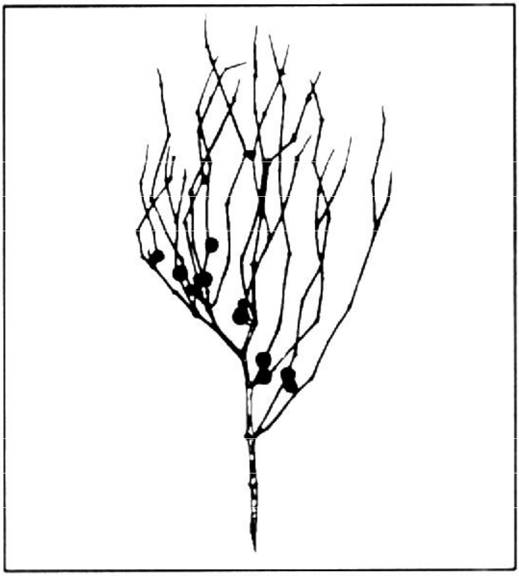
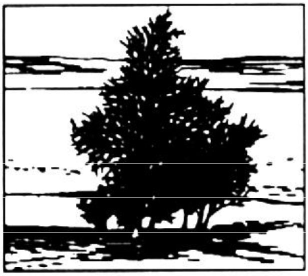
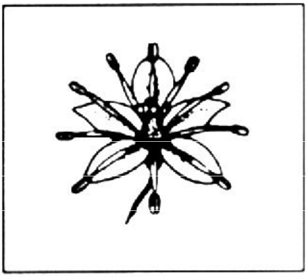
APPENDIX B

EDIBLE AND MEDICINAL PLANTS

In a survival situation, plants can provide food and medicine. Their safe usage requires absolutely positive identification, knowing how to prepare them for eating, and knowing any dangerous properties they might have. Familiarity with botanical structures of plants and information on where they grow will make them easier to locate and identify.







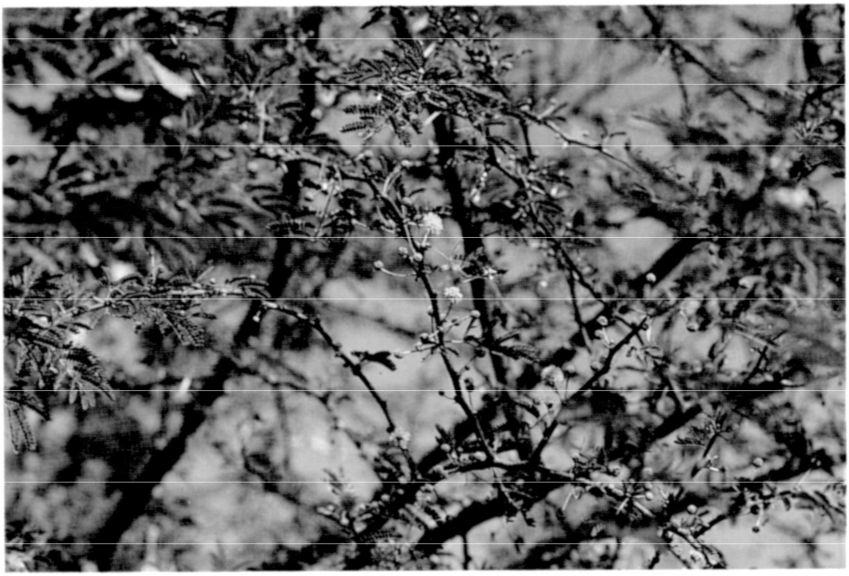
Abal

Calligonum comosum

Description: The abal is one of the few shrubby plants that exists in the shady deserts. This plant grows to about 1.2 meters, and its branches look like wisps from a broom. The stiff, green branches produce an abundance of flowers in the early spring months (March, April).

Habitat and Distribution: This plant is found in desert scrub and waste in any climatic zone. It inhabits much of the North African desert. It may also be found on the desert sands of the Middle East and as far eastward as the Rajputana desert of westen India.

Edible Parts: This plant's general appearance would not indicate its usefulness to the survivor, but while this plant is flowering in the spring, its fresh flowers can be eaten. This plant is common in the areas where it is found. An analysis of the food value of this plant has shown it to be high in sugar and nitrogenous components.



Acacia

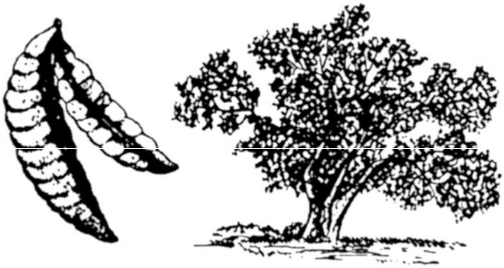
Acacia farnesiana

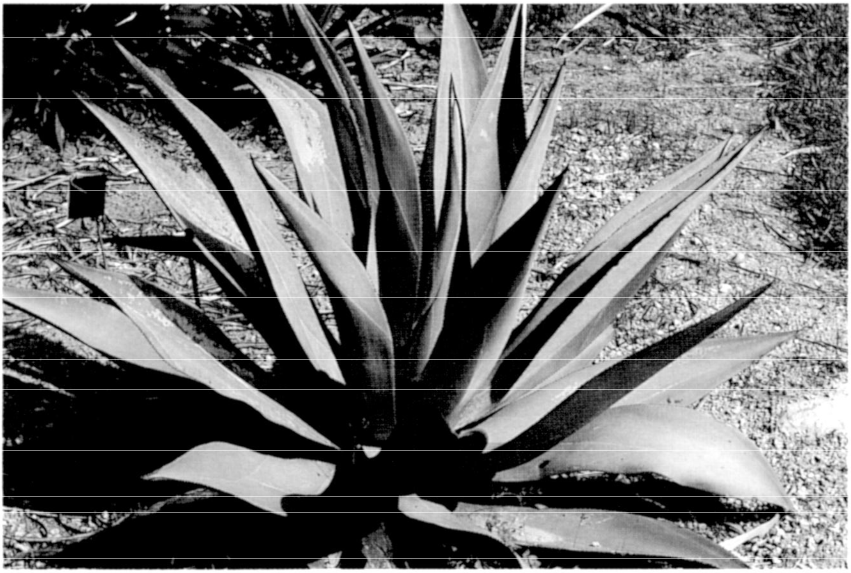
Description: Acacia is a spreading, usually short tree with spines and alternate compound leaves. Its individual leaflets are small. Its flowers are ball-shaped, bright yellow, and very fragrant. Its bark is a whitish-gray color. Its fruits are dark brown and podlike.

Habitat and Distribution: Acacia grows in open, sunny areas. It is found throughout all tropical regions.

Note: There are about 500 species of acacia. These plants are especially prevalent in Africa, southern Asia, and Australia, but many species are found in the warmer and drier parts of America.

Edible Parts: Its young leaves, flowers, and pods are edible raw or cooked.





Agave

Agave species

Description: These plants have large clusters of thick, fleshy leaves borne close to the ground and surrounding a central stalk. The plants flower only once, then die. They produce a massive flower stalk.

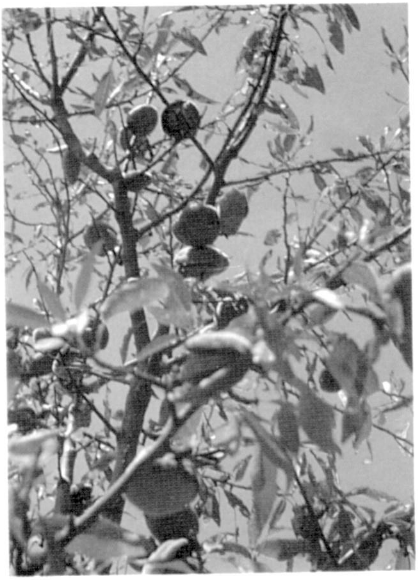
Habitat and Distribution: Agaves prefer dry, open areas. They are found throughout Central America, the Caribbean, and parts of the western deserts of the United States and Mexico.

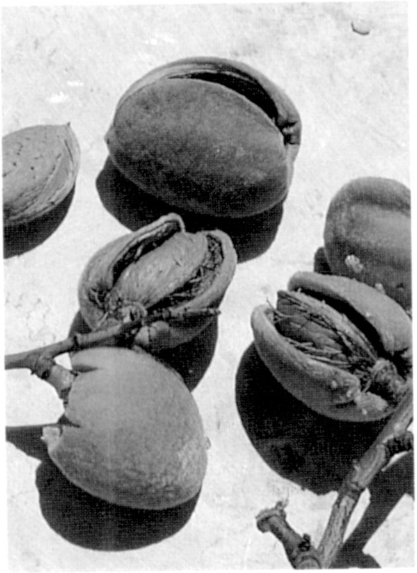
Edible Parts: Its flowers and flower buds are edible. Boil them before eating.

CAUTION

The juice of some species causes dermatitis in some individuals.

Other Uses: Cut the huge flower stalk and collect the juice for drinking. Some species have very fibrous leaves. Pound the leaves and remove the fibers for weaving and making ropes. Most species have thick, sharp needles at the tips of the leaves. Use them for sewing or making hacks. The sap of some species contains a chemical that makes the sap suitable for use as a soap.





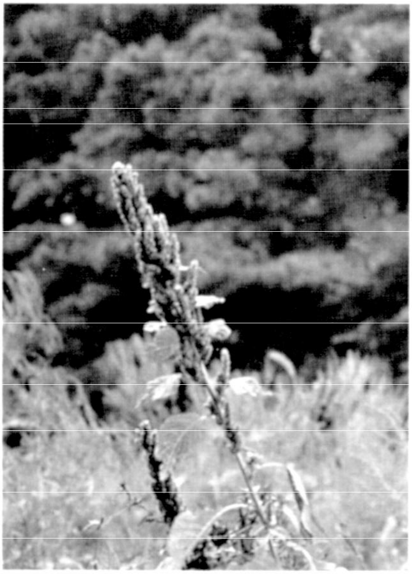
Almond

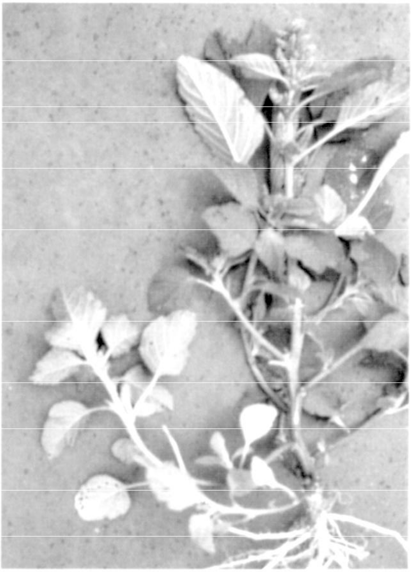
Prunus amygdalus

Description: The almond tree, which sometimes grows to 12.2 meters, looks like a peach tree. The fresh almond fruit resembles a gnarled, unripe peach and grows in clusters. The stone (the almond itself) is covered with a thick, dry, woolly skin.

Habitat and Distribution: Almonds are found in the scrub and thorn forests of the tropics, the evergreen scrub forests of temperate areas, and in desert scrub and waste in all climatic zones. The almond tree is also found in the semidesert areas of the Old World in southern Europe, the eastern Mediterranean, Iran, the Middle East, China, Madeira, the Azores, and the Canary Islands.

Edible Parts: The mature almond fruit splits open lengthwise down the side, exposing the ripe almond nut. You can easily get the dry kernel by simply cracking open the stone. Almond meats are rich in food value, like all nuts. Gather them in large quantities and shell them for further use as survival food. You could live solely on almonds for rather long periods. When you boil them, the kernel's outer covering comes off and only the white meat remains.





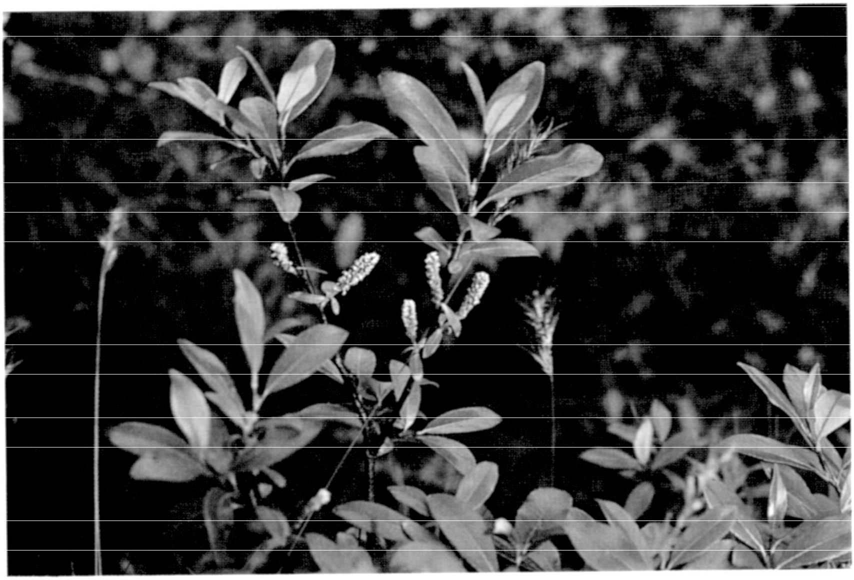
Amaranth

Amaranthus species

Description: These plants, which grow 90 centimeters to 150 centimeters tall, are abundant weeds in many parts of the world. All amaranth have alternate simple leaves. They may have some red color present on the stems. They bear minute, greenish flowers in dense clusters at the top of the plants. Their seeds may be brown or black in weedy species and light-colored in domestic species.

Habitat and Distribution: Look for amaranth along roadsides, in disturbed waste areas, or as weeds in crops throughout the world. Some amaranth species have been grown as a grain crop and a garden vegetable in various parts of the world, especially in South America.

Edible Parts: All parts are edible, but some may have sharp spines you should remove before eating. The young plants or the growing tips of alder plants are an excellent vegetable. Simply boil the young plants or eat them raw. Their seeds are very nutritious. Shake the tops of alder plants to get the seeds. Eat the seeds raw, boiled, ground into flour, or popped like popcorn.



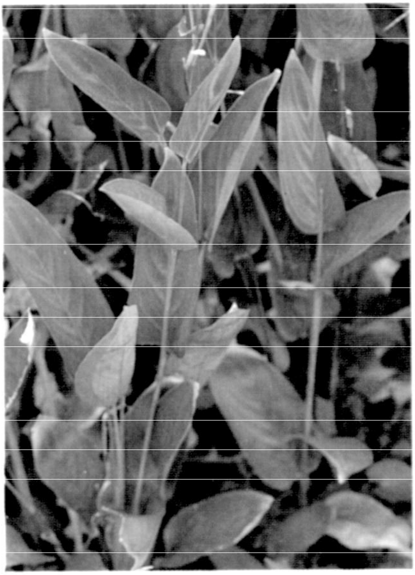
Arctic willow

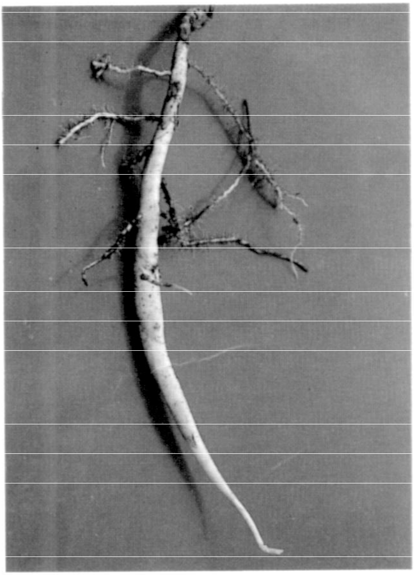
Salix arctica

Description: The arctic willow is a shrub that never exceeds more than 60 centimeters in height and grows in clumps that form dense mats on the tundra.

Habitat and Distribution: The arctic willow is common on tundras in North America. Europe, and Asia. You can also find it in some mountainous areas in temperate regions.

Edible Parts: You can collect the succulent, tender young shoots of the arctic willow in early spring. Strip off the outer bark of the new shoots and eat the inner portion raw. You can also peel and eat raw the young underground shoots of any of the various kinds of arctic willow. Young willow leaves are one of the richest sources of vitamin C, containing 7 to 10 times more than an orange.





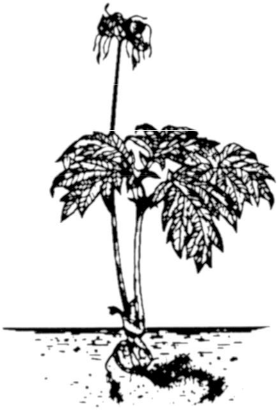
Arrowroot

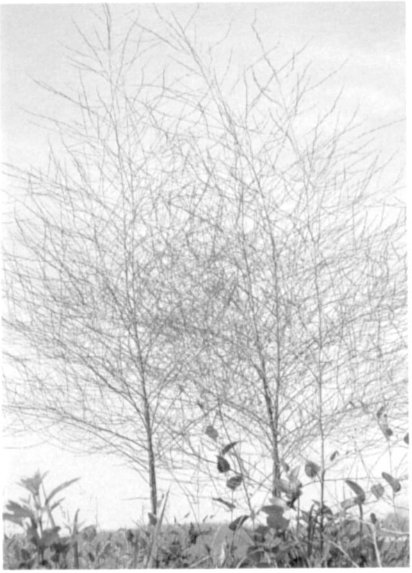
Maranta and *Sagittaria* species

Description: The arrowroot is an aquatic plant with arrow-shaped leaves and potatolike tubers in the mud.

Habitat and Distribution: Aroowroot is found worldwide in temperate zones and the tropics. It is found in moist to wet habitats.

Edible Parts: The rootstock is a rich source of high quality starch. Boil the rootstock and eat it as a vegetable.





Asparagus

Asparagus officinalis

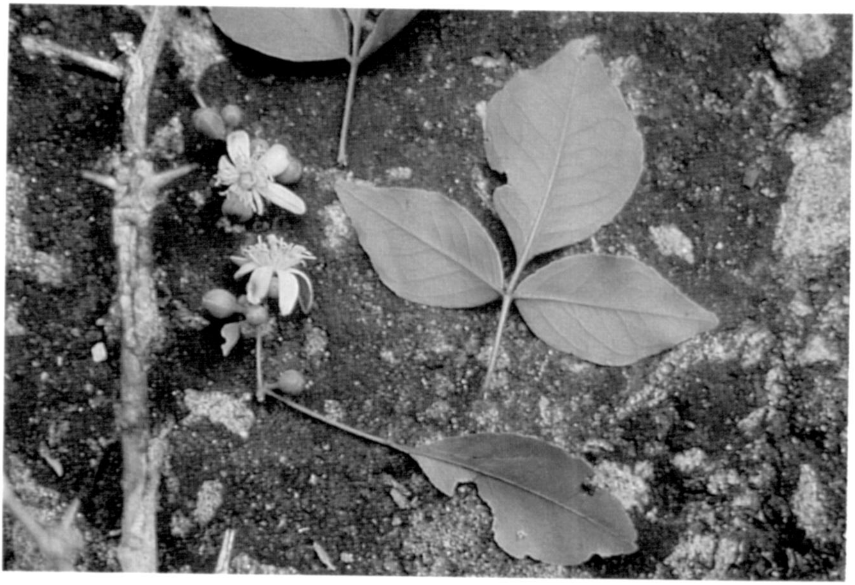
Description: The spring growth of this plant resembles a cluster of green fingers. The mature plant has fernlike, wispy foliage and red berries. Its flowers are small and greenish in color. Several species have sharp, thornlike structures.

Habitat and Distribution: Asparagus is found worldwide in temperate areas. Look for it in fields, old homesites, and fencerows.

Edible Parts: Eat the young stems before leaves form. Steam or boil them for 10 to 15 minutes before eating. Raw asparagus may cause nausea or diarrhea. The fleshy roots are a good source of starch.

WARNING

Do not eat the fruits of any species since some are toxic.



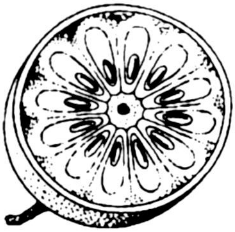
Bael fruit

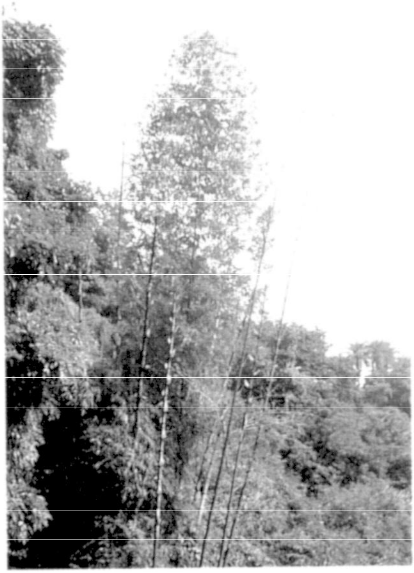
Aegle marmelos

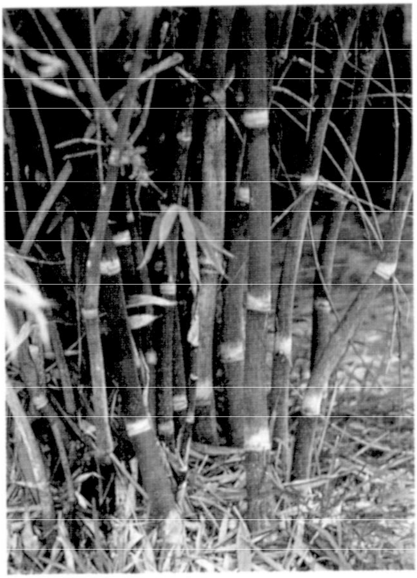
Description: This is a tree that grows from 2.4 to 4.6 meters tall, with a dense spiny growth. The fruit is 5 to 10 centimeters in diameter, gray or yellowish, and full of seeds.

Habitat and Distribution: Bael fruit is found in rain forests and semievergreen seasonal forests of the tropics. It grows wild in India and Burma.

Edible Parts: The fruit, which ripens in December, is at its best when just turning ripe. The juice of the ripe fruit, diluted with water and mixed with a small amount of tamarind and sugar or honey, is sour but refreshing. Like other citrus fruits, it is rich in vitamin C.







Bamboo

Various species including *Bambusa, Dendrocalamus, Phyllostachys*

Description: Bamboos are woody grasses that grow up to 15 meters tall. The leaves are grasslike and the stems are the familiar bamboo used in furniture and fishing poles.

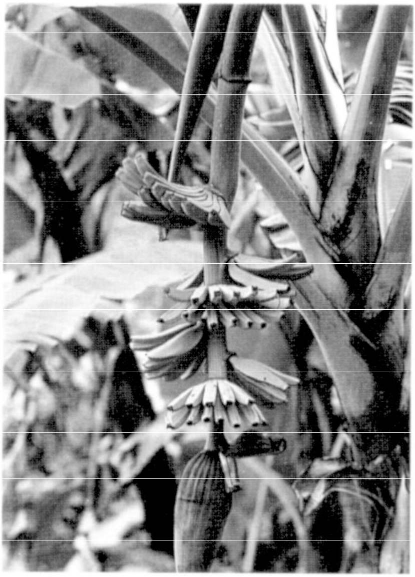
Habitat and Distribution: Look for bamboo in warm, moist regions in open or jungle country, in lowland, or on mountains. Bamboos are native to the Far East (Temperate and Tropical zones) but have bean widely planted around the world.

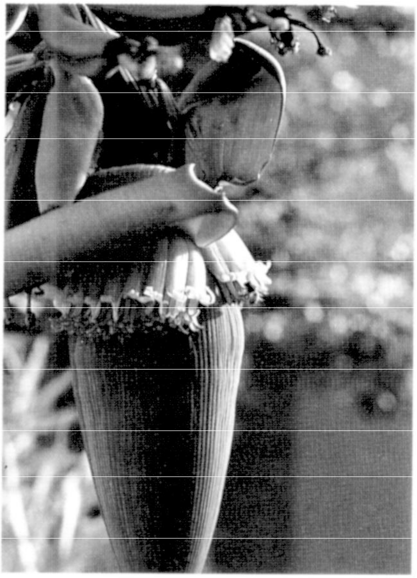
Edible Parts: The young shoots of almost all species are edible raw or cooked. Raw shoots have a slightly bitter taste that is removed by boiling. To prepare, remove the tough protective sheath that is coated with tawny or red hairs. The seed grain of the flowering bamboo is also edible. Boil the seeds like rice or pulverize them, mix with water, and make into cakes.

Other Uses: Use the mature bamboo to build structures or to make containers, ladles, spoons, and various other cooking utensils. Also use bamboo to make tools and weapens. You can make a strong bow by splitting the bamboo and putting several pieces together.

CAUTION

Green bamboo may explode in a fire. Green bamboo has an internal membrane you must remove before using it as a food or water container.





Banana and plantain

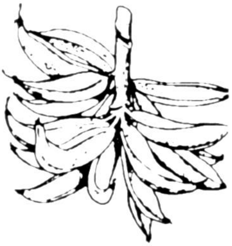
Musa species

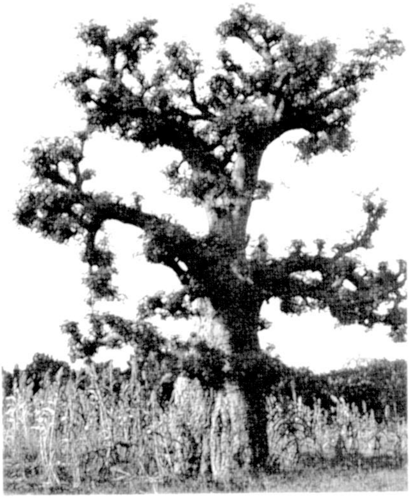
Description: These are treelike plants with several large leaves at the top. Their flowers are borne in dense hanging clusters.

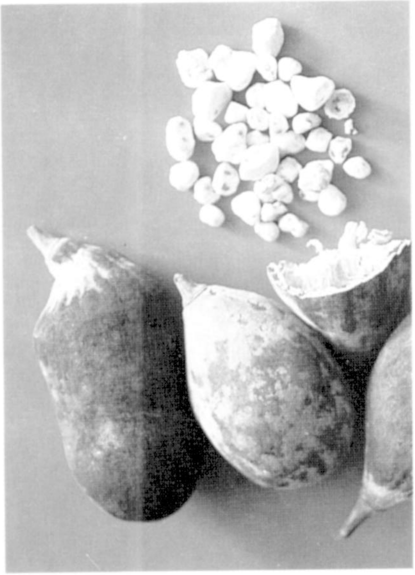
Habitat and Distribution: Look for bananas and plantains in open fields or margins of forests where they are grown as a crop. They grow in the humid tropics.

Edible Parts: Their fruits are edible raw or cooked. They may be boiled or baked. You can boil their flowers and eat them like a vegetable. You can cook and eat the rootstocks and leaf sheaths of many species. The center or "heart" or the plant is edible year-round, cooked or raw.

Other Uses: You can use the layers of the lower third of the plants to cover coals to roast food. You can also use their stumps to get water (see Chapter 6). You can use their leaves to wrap other foods for cooking or storage.







Baobab

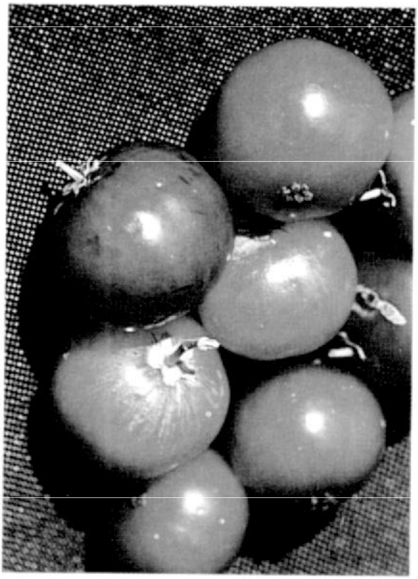
Adansonia digitata

Description: The baobab tree may grow as high as 18 meters and may have a trunk 9 meters in diameter. The tree has short, stubby branches and a gray, thick bark. Its leaves are compound and their segments are arranged like the palm of a hand. Its flowers, which are white and several centimeters across, hang from the higher branches. Its fruit is shaped like a football, measures up to 45 centimeters long, and is covered with short dense hair.

Habitat and Distribution: These trees grow in savannas. They are found in Africa, in parts of Australia, and on the island of Madagascar.

Edible Parts: You can use the young leaves as a soup vegetable. The tender root of the young baobab tree is edible. The pulp and seeds of the fruit are also edible. Use one handful of pulp to about one cup of water for a refreshing drink. To obtain flour, roast the seeds, then grind them.

Other Uses: Drinking a mixture of pulp and water will help cure diarrhea. Often the hollow trunks are good sources of fresh water. The bark can be cut into strips and pounded to obtain a strong fiber for making rope.



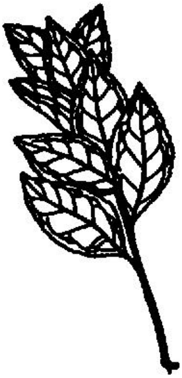
Batoko plum

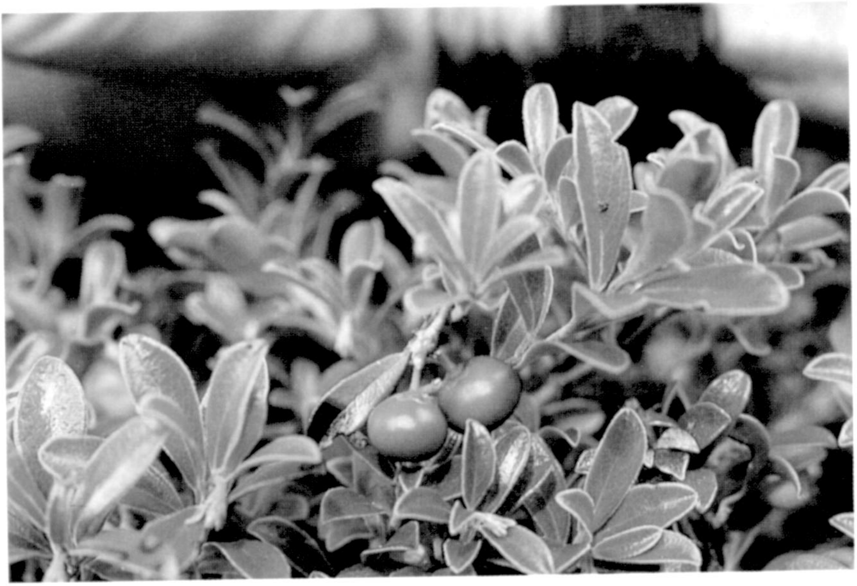
Flacourtia inermis

Description: This shrub or small tree has dark green, alternate, simple leaves. Its fruits are bright red and contain six or more seeds.

Habitat and Distribution: This plant is a native of the Philippines but is widely cultivated for its fruit in other areas. It can be found in clearings and at the edges of the tropical rain forests of Africa and Asia.

Edible Parts: Eat the fruit raw or cooked.





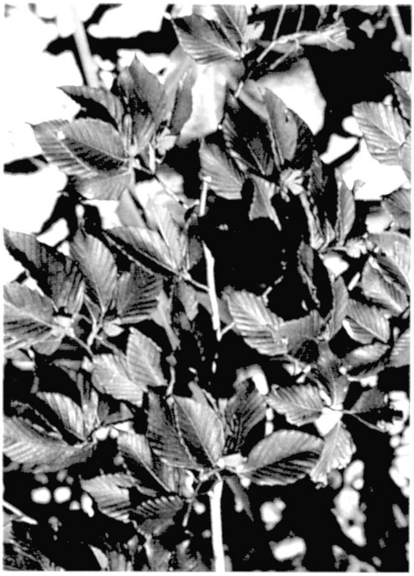
Bearberry or kinnikinnick

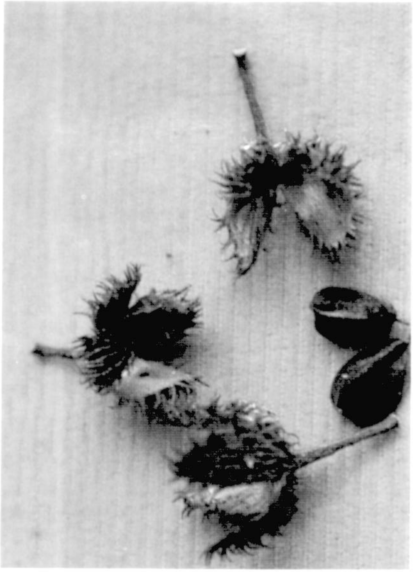
Arctostaphylos uvaursi

Description: This plant is a common evergreen shrub with reddish, scaly bark and thick, leathery leaves 4 centimeters long and 1 centimeter wide. It has white flowers and bright red fruits.

Habitat and Distribution: This plant is found in arctic, subarctic, and temperate regions, most often in sandy or rocky soil.

Edible Parts: Its berries are edible raw or cooked. You can make a refreshing tea from its young leaves.





Beech

Fagus species

Description: Beech trees are large (9 to 24 meters), symmetrical forest trees that have smooth, light-gray bark and dark green foliage. The character of its bark, plus its clusters of prickly seedpods, clearly distinguish the beech tree in the field.

Habitat and Distribution: This tree is found in the Temperate Zone. It grows wild in the eastern United States, Europe, Asia, and North Africa. It is found in moist areas, mainly in the forests. This tree is common throughout southeastern Europe and across temperate Asia. Beech relatives are also found in Chile, New Guinea, and New Zealand.

Edible Parts: The mature beechnuts readily fall out of the husklike seedpods. You can eat these dark brown triangular nuts by breaking the thin shell with your fingernail and removing the white, sweet kernel inside. Beechnuts are one of the most delicious of all wild nuts. They are a most useful survival food because of the kernel's high oil content. You can also use the beechnuts as a coffee substitue. Roast them so that the kernel becomes golden brown and quite hard. Then pulverize the kernel and, after boiling or steeping in hot water, you have a passable coffee substitute.

Burl Palm

Corypha elata

Description: This tree may reach 18 meters in height. It has large, fan-shaped leaves up to 3 meters long and split into about 100 narrow segments. It bears flowers in huge clusters at the top of the tree. The tree dies after flowering.

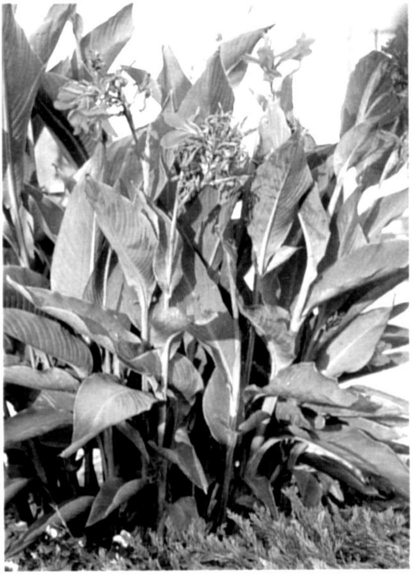
Habitat and Distribution: This tree grows in coastal areas of the East Indies.

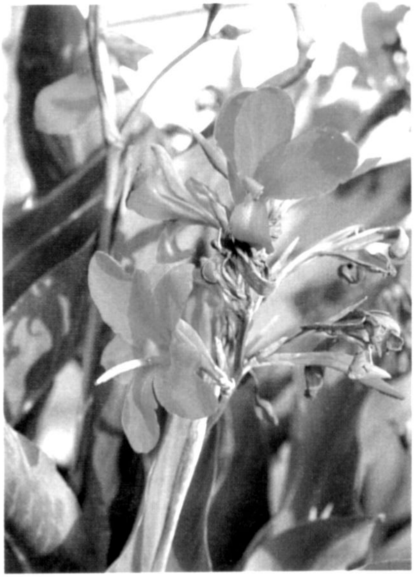
Edible Parts: The trunk contains starch that is edible raw. The very tip of the trunk is also edible raw or cooked. You can get large quantities of liquid by bruising the flowering stalk. The kernels of the nuts are edible.

CAUTION

The seed covering may cause dermatitis in some individuals.

Other Uses: You can use the leaves as weaving material.





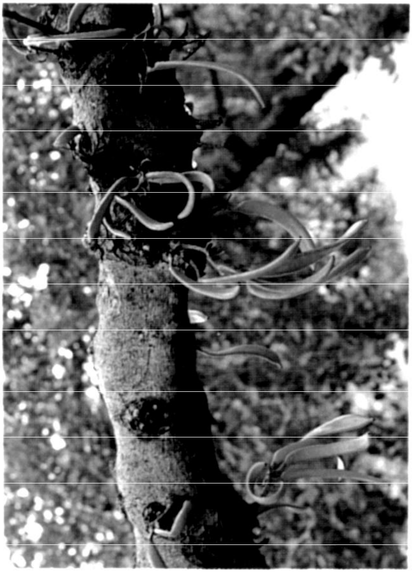
Canna lily

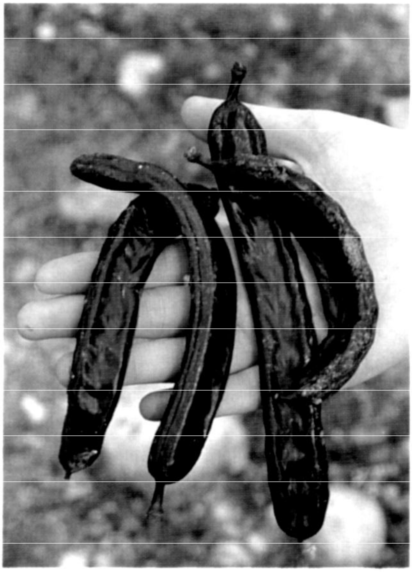
Canna indica

Description: The canna lily is a coarse perennial herb, 90 centimeters to 3 meters tall. The plant grows from a large, thick, underground rootstock that is edible. Its large leaves resemble those of the banana plant but are not so large. The flowers of wild canna lily are usually small, relatively inconspicuous, and brightly colored reds, oranges, or yellows.

Habitat and Distribution: As a wild plant, the canna lily is found in all tropical areas, especially in moist places along streams, springs, ditches, and the margins of woods. It may also be found in wet temperate, mountainous regions. It is easy to recognize because it is commonly cultivated in flower gardens in the United States.

Edible Parts: The large and much branched rootstocks are full of edible starch. The younger parts may be finely chopped and then boiled or pulverized into a meal. Mix in the young shoots of palm cabbage for flavoring.





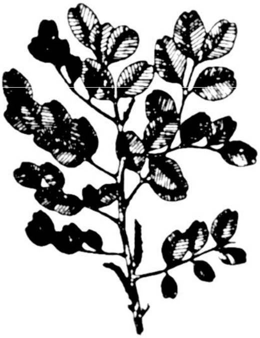
Carob tree

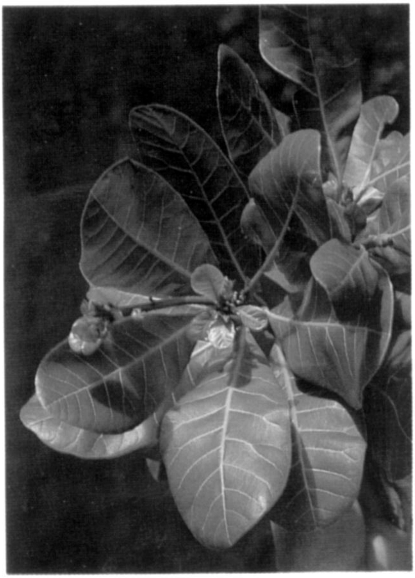
Ceratonia siliqua

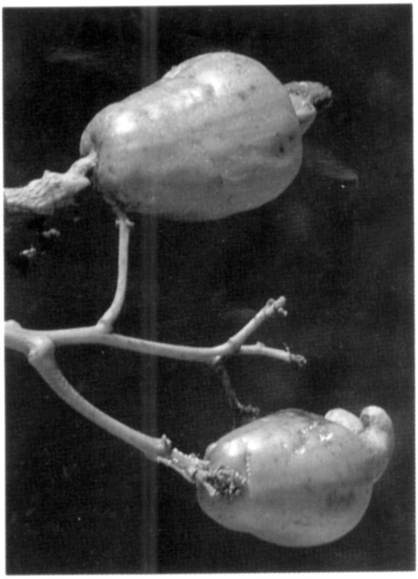
Description: This large tree has a spreading crown. Its leaves are compound and alternate. Its seedpods, also known as Saint John's bread, are up to 45 centimeters long and are filled with round, hard seeds and a thick pulp.

Habitat and Distribution: This tree is found throughout the Mediterranean, the Middle East, and parts of North Africa.

Edible Parts: The young tender pods are edible raw or boiled. You can pulverize the seeds in mature pods and cook as porridge.







Cashew nut

Anacardium occidentale

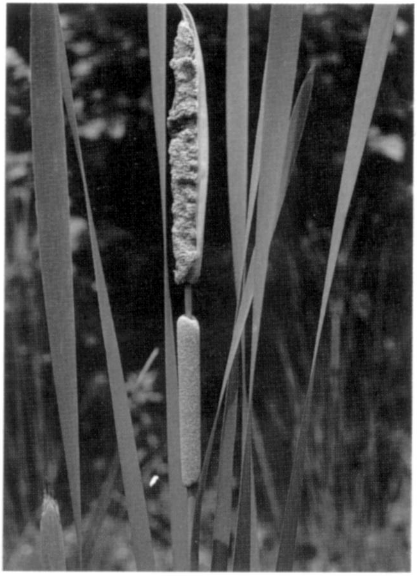
Description: The cashew is a spreading evergreen tree growing to a height of 12 meters, with leaves up to 20 centimeters long and 10 centimeters wide. Its flowers are yellowish-pink. Its fruit is very easy to recognize because of its peculiar structure. The fruit is thick and pear-shaped, pulpy and red or yellow when ripe. This fruit bears a hard, green, kidney-shaped nut at its tip. This nut is smooth, shiny, and green or brown according to its maturity.

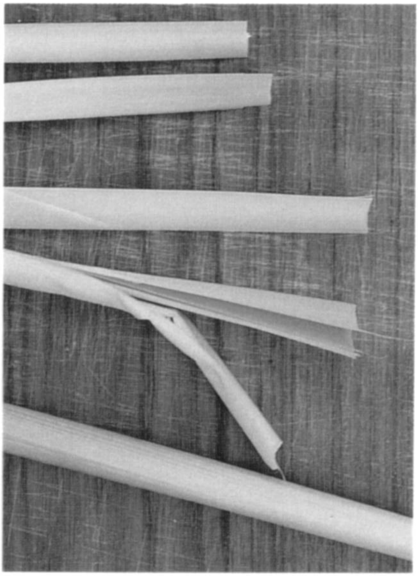
Habitat and Distribution: The cashew is native to the West Indies and northern South America, but transplantation has spread it to all tropical climates. In the Old World, it has escaped from cultivation and appears to be wild at least in parts of Africa and India.

Edible Parts: The nut encloses one seed. The seed is edible when roasted. The pear-shaped fruit is juicy, sweet-acid, and astringent. It is quite safe and considered delicious by most people who eat it.

CAUTION

The green hull surrounding the nut contains a resinous irritant poison that will blister the lips and tongue like poison ivy. Heat destroys this poison when roasting the nuts.





Cattail

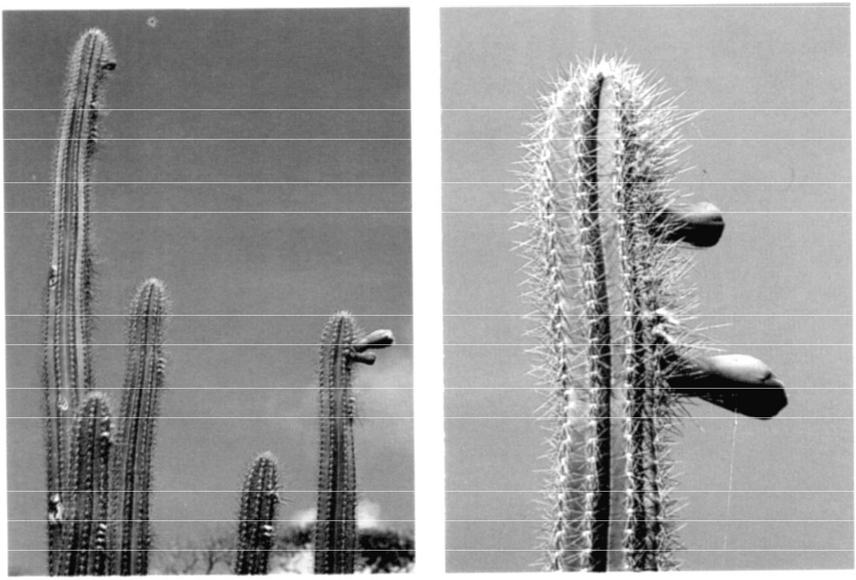
Typha latifolia

Description: Cattails are grasslike plants with strap-shaped leaves 1 to 5 centimeters wide and growing up to 1.8 meters tall. The male flowers are borne in a dense mass above the female flowers. These last only a short time, leaving the female flowers that develop into the brown cattail. Pollen from the male flowers is often abundant and bright yellow.

Habitat and Distribution: Cattails are found throughout most of the world. Look for them in full sun areas at the margins of lakes, streams, canals, rivers, and brackish water.

Edible Parts: The young tender shoots are edible raw or cooked. The rhizome is often very tough but is a rich source of starch. Pound the rhizome to remove the starch and use as a flour. The pollen is also an exceptional source of starch. When the cattail is immature and still green, you can boil the female portion and eat it like corn on the cob.

Other Uses: The dried leaves are an excellent source of weaving material you can use to make floats and rafts. The cottony seeds make good pillow stuffing and insulation. The fluff makes excellent tinder. Dried cattails are effective insect repellents when burned.



Cereus cactus

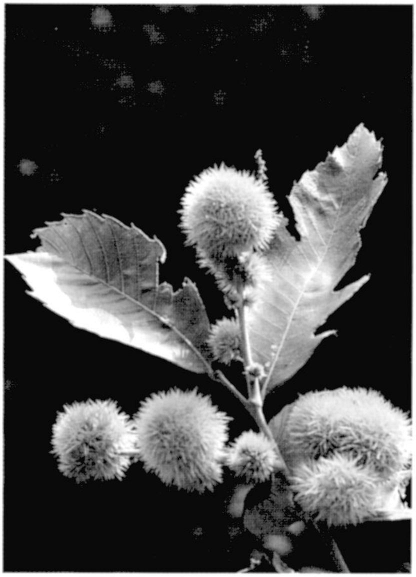
Cereus species

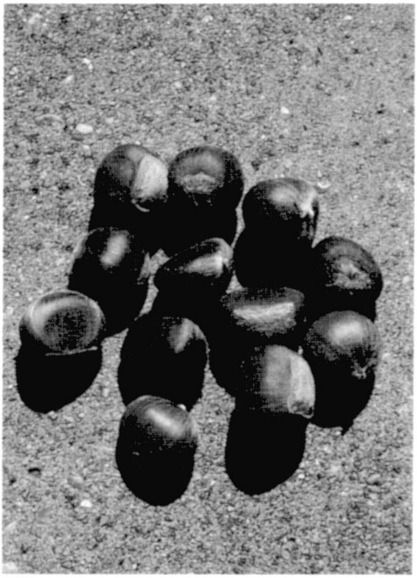
Description: These cacti are tall and narrow with angled stems and numerous spines.

Habitat and Distribution: They may be found in true deserts and other dry, open, sunny areas throughout the Caribbean region, Central America, and the western United States.

Edible Parts: The fruits are edible, but some may have a laxative effect.

Other Uses: The pulp of the cactus is a good source of water. Break open the stem and scoop out the pulp.





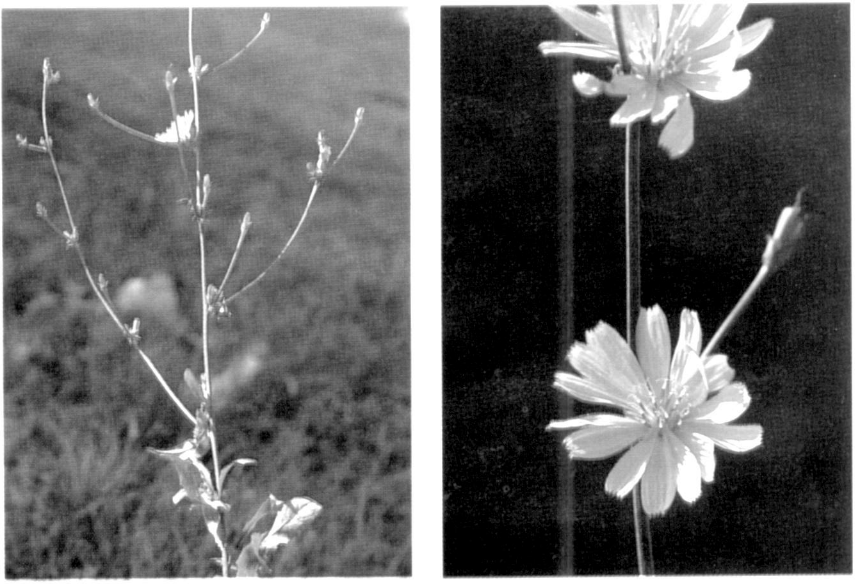
Chestnut

Castanea sativa

Description: The European chestnut is usually a large tree, up to 18 meters in height.

Habitat and Distribution: In temperate regions, the chestnut is found in both hardwood and coniferous forests. In the tropics, it is found in semievergreen seasonal forests. They are found over all of middle and south Europe and across middle Asia to China and Japan. They are relatively abundant along the edge of meadows and as a forest tree. The European chestnut is one of the most common varieties. Wild chestnuts in Asia belong to the related chestnut species.

Edible Parts: Chestnuts are highly useful as survival food. Ripe nuts are usually picked in autumn, although unripe nuts picked while green may also be used for food. Perhaps the easiest way to prepare them is to roast the ripe nuts in embers. Cooked this way, they are quite tasty, and you can eat large quantities. Another way is to boil the kernels after removing the outer shell. After being boiled until fairly soft, you can mash the nuts like potatoes.



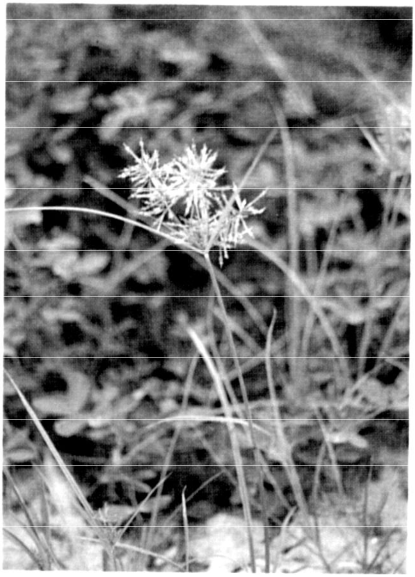
Chicory

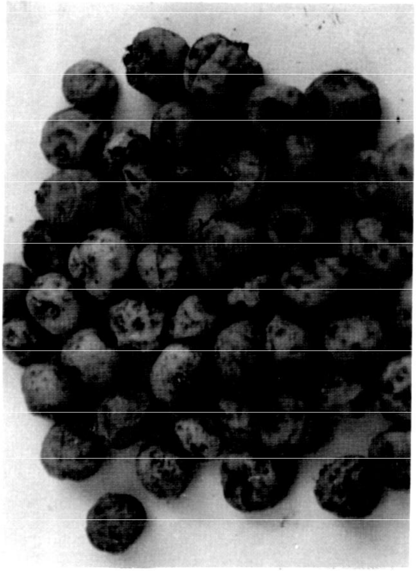
Cichorium intybus

Description: This plant grows up to 1.8 meters tall. It has leaves clustered at the base of the stem and some leaves on the stem. The base leaves resemble those of the dandelion. The flowers are sky blue and stay open only on sunny days. Chicory has a milky juice.

Habitat and Distribution: Look for chicory in old fields, waste areas, weedy lots, and along roads. It is a native of Europe and Asia, but is also found in Africa and most of North America where it grows as a weed.

Edible Parts: All parts are edible. Eat the young leaves as a salad or boil to eat as a vegetable. Cook the roots as a vegetable. For use as a coffee substitute, roast the roots until they are dark brown and then pulverize them.





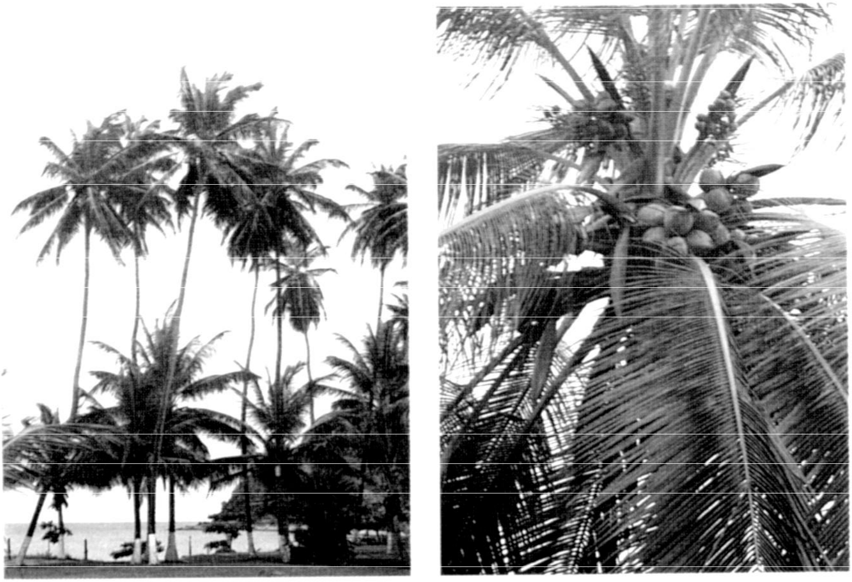
Chufa

Cyperus esculentus

Description: This very common plant has a triangular stem and grasslike leaves. It grows to a height of 20 to 60 centimeters. The mature plant has a soft furlike bloom that extends from a whorl of leaves. Tubers 1 to 2.5 centimeters in diameter grow at the ends of the roots.

Habitat and Distribution: Chufa grows in moist sandy areas throughout the world. It is often an abundant weed in cultivated fields.

Edible Parts: The tubers are edible raw, boiled, or baked. You can also grind them and use them as a coffee substitute.



Coconut

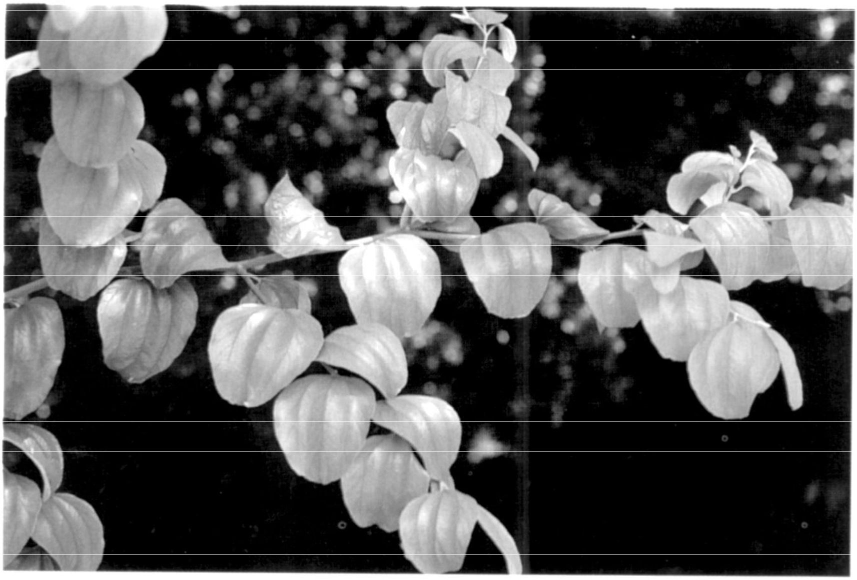
Cocos nucifera

Description: This tree has a single, narrow, tall trunk with a cluster of very large leaves at the top. Each leaf may be over 6 meters long with over 100 pairs of leaflets.

Habitat and Distribution: Coconut palms are found throughout the tropics. They are most abundant near coastal regions.

Edible Parts: The nut is a valuable source of food. The milk of the young coconut is rich in sugar and vitamins and is an excellent source of liquid. The nut meat is also nutritious but is rich in oil. To preserve the meat, spread it in the sun until it is completely dry.

Other Uses: Use coconut oil to cook and to protect metal objects from corrosion. Also use the oil to treat saltwater sores, sunburn, and dry skin. Use the oil in improvised torches. Use the tree trunk as building material and the leaves as thatch. Hollow out the large stump for use as a food container. The coconut husks are good flotation devices and the husk's fibers are used to weave ropes and other items. Use the gauzelike fibers at the leaf bases as strainers or use them to weave a bug net or to make a pad to use on wounds. The husk makes a good abrasive. Dried husk fiber is an excellent tinder. A smoldering husk helps to repel mosquitoes. Smoke caused by dripping coconut oil in a fire also repels mosquitoes. To render coconut oil, put the coconut meat in the sun, heat it over a slow fire, or boil it in a pot of water. Coconuts washed out to sea are a good source of fresh liquid for the sea survivor.



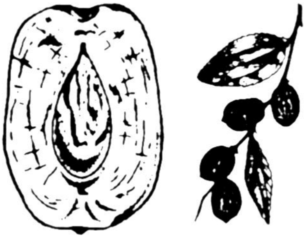
Common jujube

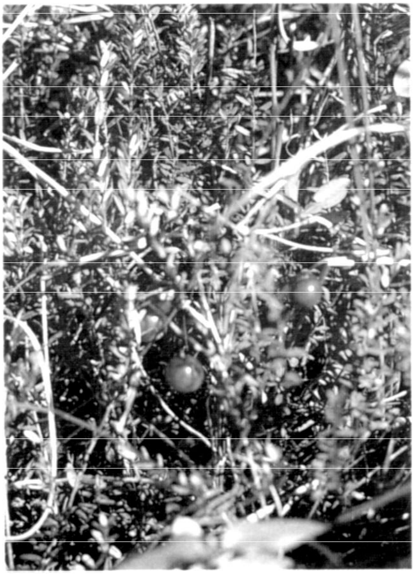
Ziziphus jujuba

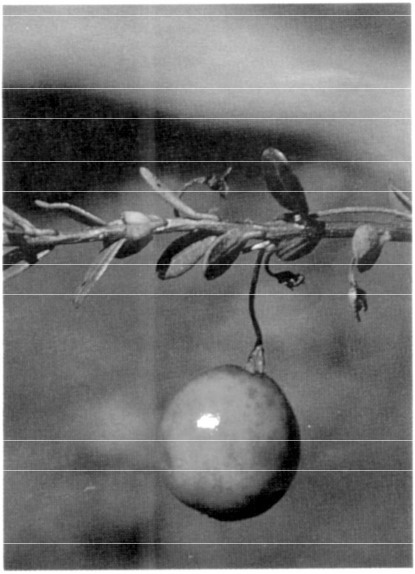
Description: The common jujube is either a deciduous tree growing to a height of 12 meters or a large shrub, depending upon where it grows and how much water is available for growth. Its branches are usually spiny. Its reddish-brown to yellowish-green fruit is oblong to ovoid, 3 centimeters or less in diameter, smooth, and sweet in flavor, but has rather dry pulp around a comparatively large stone. Its flowers are green.

Habitat and Distribution: The jujube is found in forested areas of temperate regions and in desert scrub and waste areas worldwide. It is common in many of the tropical and subtropical areas of the Old World. In Africa, it is found mainly bordering the Mediterranean. In Asia, it is especially common in the drier parts of India and China. The jujube is also found throughout the East Indies. It can be found bordering some desert areas.

Edible Parts: The pulp, crushed in water, makes a refreshing beverage. If time permits, you can dry the ripe fruit in the sun like dates. Its fruits are high in vitamins A and C.







Cranberry

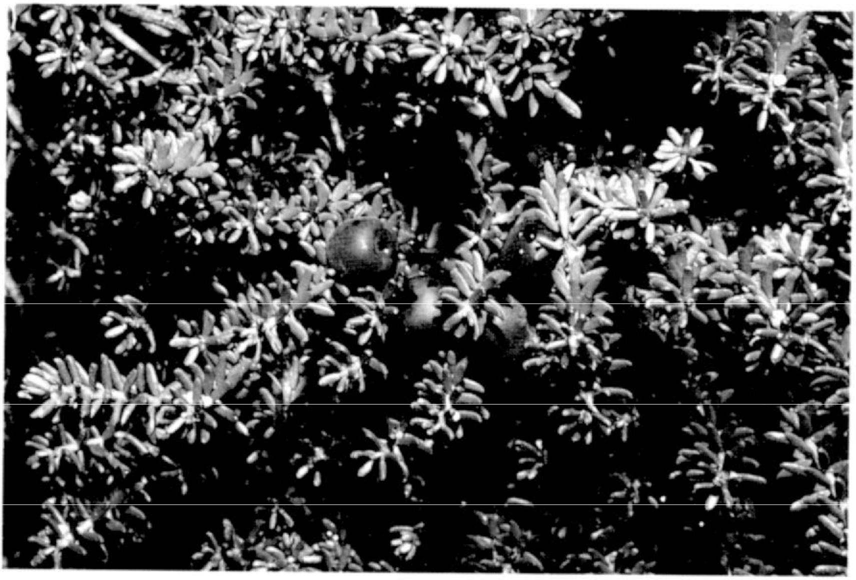
Vaccinium macrocarpon

Description: This plant has tiny leaves arranged alternately. Its stem creeps along the ground. Its fruits are red berries.

Habitat and Distribution: It only grows in open, sunny, wet areas in the colder regions of the Northern Hemisphere.

Edible Parts: The berries are very tart when eaten raw. Cook in a small amount of water and add sugar, if available, to make a jelly.

Other Uses: Cranberries may act as a diuretic. They are useful for treating urinary tract infections.



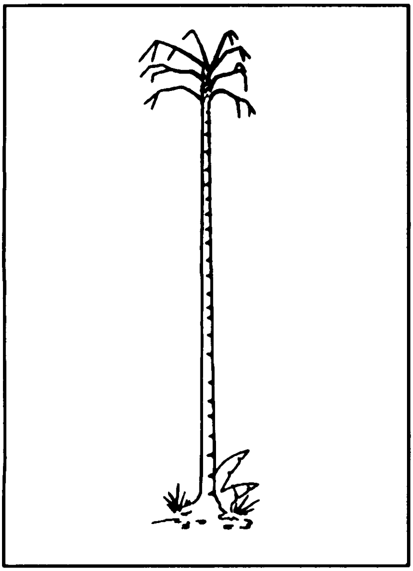
Crowberry

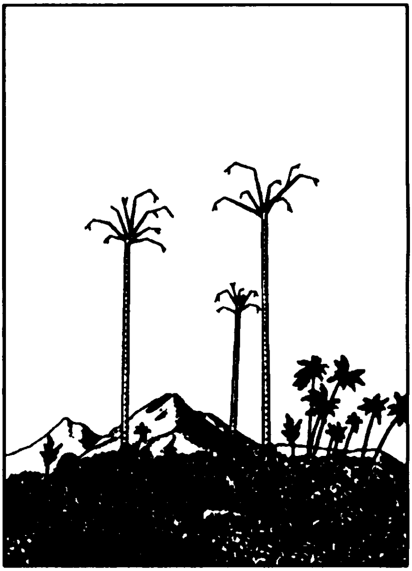
Empetrum nigrum

Description: This is a dwarf evergreen shrub with short needlelike leaves. It has small, shiny, black berries that remain on the bush throughout the winter.

Habitat and Distribution: Look for this plant in tundra throughout arctic regions of North America and Eurasia.

Edible Parts: The fruits are edible fresh or can be dried for later use.





Cuipo tree

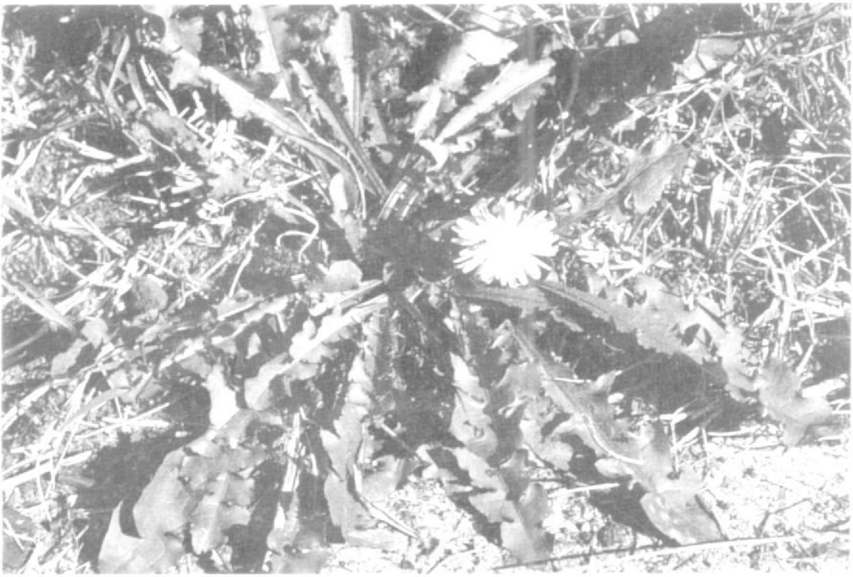
Cavanillesia platanifolia

Description: This is a very dominant and easily detected tree because it extends above the other trees. Its height ranges from 45 to 60 meters. It has leaves only at the top and is bare 11 months out of the year. It has rings on its bark that extend to the top to make is easily recognizable. Its bark is reddish or gray in color. Its roots are light reddish-brown or yellowish-brown.

Habitat and Distribution: The cuipo tree is located primarily in Central American tropical rain forests in mountainous areas.

Edible Parts: To get water from this tree, cut a piece of the root and clean the dirt and bark off one end, keeping the root horizontal. Put the clean end to your mouth or canteen and raise the other. The water from this tree tastes like potato water.

Other Uses: Use young saplings and the branches' inner bark to make rope.



Dandelion

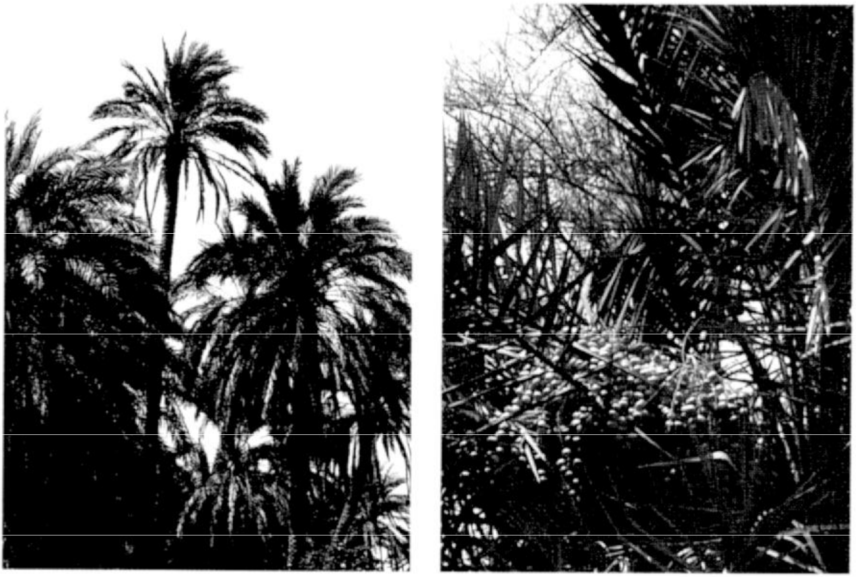
Taraxacum officinale

Description: Dandelion leaves have a jagged edge, grow close to the ground, and are seldom more than 20 centimeters long. Its flowers are bright yellow. There are several dandelion species.

Habitat and Distribution: Dandelions grow in open, sunny locations throughout the Northern Hemisphere.

Edible Parts: All parts are edible. Eat the leaves raw or cooked. Boil the roots as a vegetable. Roots roasted and ground are a good coffee substitue. Dandelions are high in vitamins A and C and in calcium.

Other Uses: Use the white juice in the flower stems as glue.



Date palm

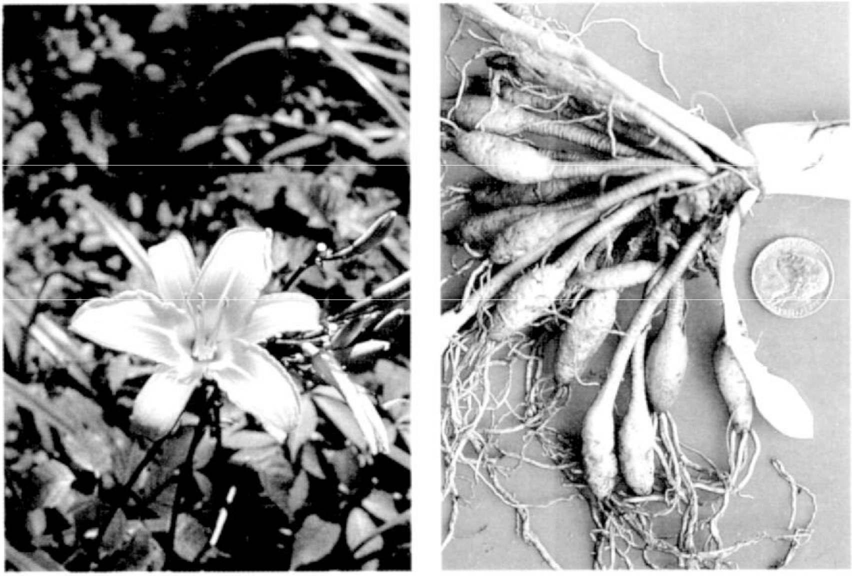
Phoenix dactylifera

Description: The date palm is a tall, unbranched tree with a crown of huge, compound leaves. Its fruit is yellow when ripe.

Habitat and Distribution: This tree grows in arid semitropical regions. It is native to North Africa and the Middle East but has been planted in the arid semitropics in other parts of the world.

Edible Parts: Its fruit is edible fresh but is very bitter if eaten before it is ripe. You can dry the fruits in the sun and preserve them for a long time.

Other Uses: The trunks provide valuable building material in desert regions where few other treelike plants are found. The leaves are durable and you can use them for thatching and as weaving material. The base of the leaves resembles coarse cloth that you can use for scrubbing and cleaning.



Daylily
Hemerocallis fulva

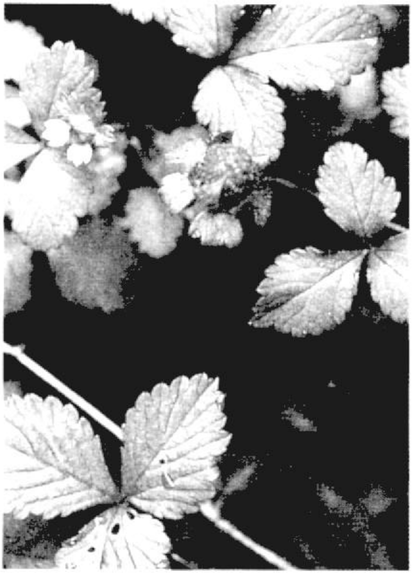
Description: This plant has unspotted, tawny blossoms that open for 1 day only. It has long, swordlike, green basal leaves. Its root is a mass of swollen and elongated tubers.

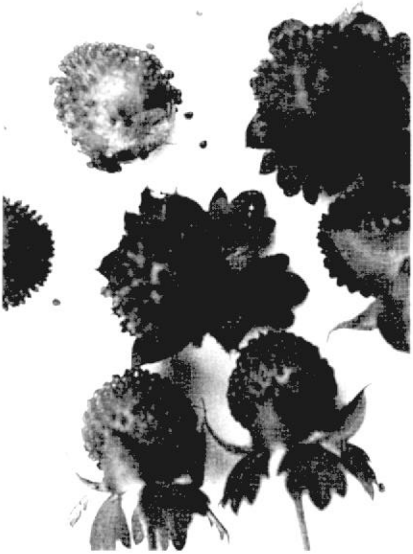
Habitat and Distribution: Daylilies are found worldwide in Tropic and Temperate Zones. They are grown as a vegetable in the Orient and as an ornamental plant elsewhere.

Edible Parts: The young green leaves are edible raw or cooked. Tubers are also edible raw or cooked. You can eat its flowers raw, but they taste better cooked. You can also fry the flowers for storage.

CAUTION

Eating excessive amounts of raw flowers may cause diarrhea.





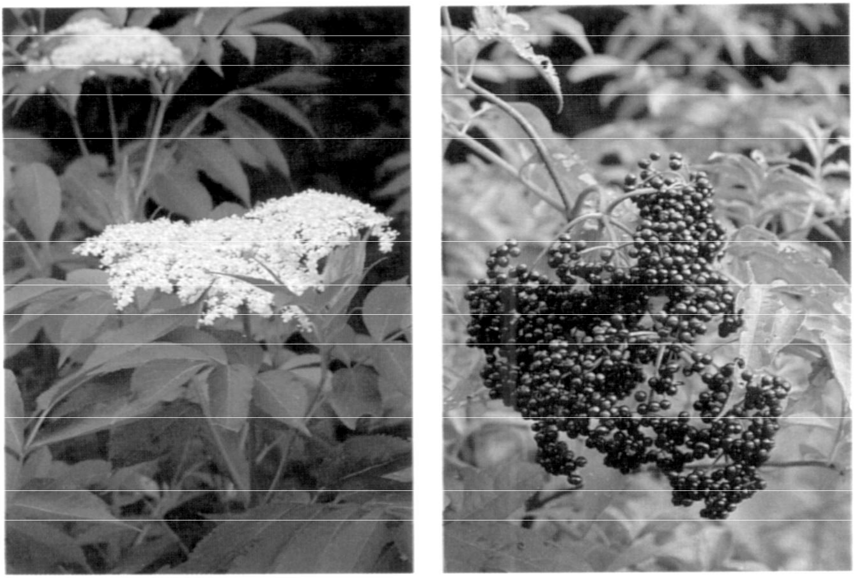
Duchesnea or Indian strawberry

Duchesnea indica

Description: The duchesnea is a small plant that has runners and three-parted leaves. Its flowers are yellow and its fruit resembles a strawberry.

Habitat and Distribution: It is native to southern Asia but is a common weed in warmer temperate regions. Look for it in lawns, gardens, and along roads.

Edible Parts: Its fruit is edible. Eat it fresh.



Elderberry

Sambucus canadensis

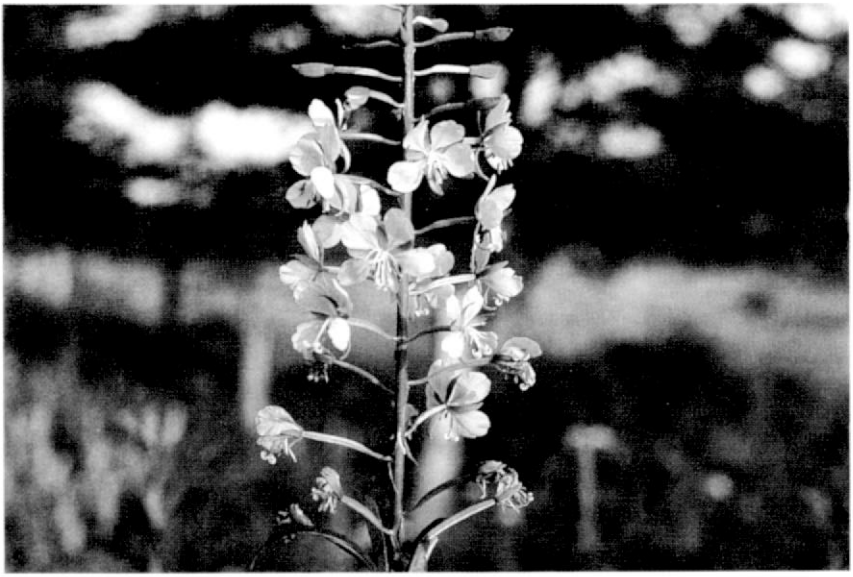
Description: Elderberry is a many-stemmed shrub with opposite, compound leaves. It grows to a height of 6 meters. Its flowers are fragrant, white, and borne in large flat-topped clusters up to 30 centimeters across. Its berrylike fruits are dark blue or black when ripe.

Habitat and Distribution: This plant is found in open, usually wet areas at the margins of marshes, rivers, ditches, and lakes. It grows throughout much of eastern North America and Canada.

Edible Parts: The flowers and fruits are edible. You can make a drink by soaking the flower heads for 8 hours, discarding the flowers, and drinking the liquid.

CAUTION

All other parts of the plant are poisonous and dangerous if eaten.



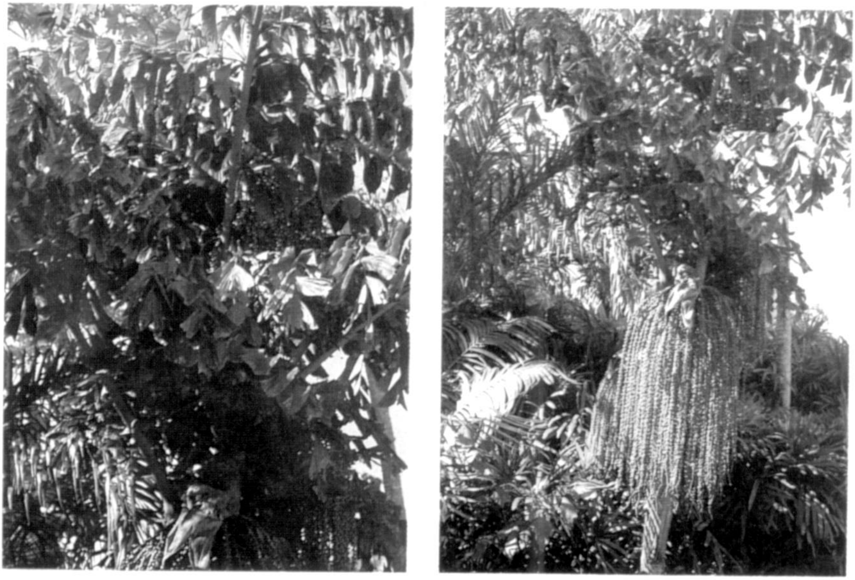
Fireweed

Epilobium angustifolium

Description: This plant grows up to 1.8 meters tall. It has large, showy, pink flowers and lance-shaped leaves. Its relative, the dwarf fireweed (Epilobium latifolium), grows 30 to 60 centimeters tall.

Habitat and Ditstribution: Tall fireweed is found in open woods, on hillsides, on stream banks, and near seashores in arctic regions. It is especially abundant in burned-over areas. Dwarf fireweed is found along streams, sandbars, and lakeshores and on alpine and arctic slopes.

Edible Parts: The leaves, stems, and flowers are edible in the spring but become tough in summer. You can split open the stems of old plants and eat the pith raw.



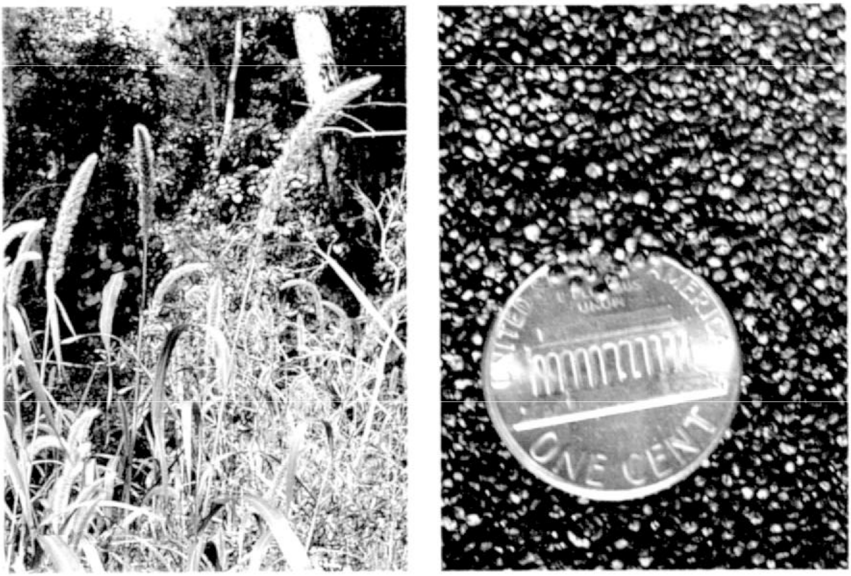
Fishtail palm

Caryota urens

Description: Fishtail palms are large trees, at least 18 meters tall. Their leaves are unlike those of any other palm; the leaflets are irregular and toothed on the upper margins. All other palms have either fan-shaped or featherlike leaves. Its massive flowering shoot is borne at the top of the tree and hangs downward.

Habitat and Distribution: The fishtail palm is native to the tropics of India, Assam, and Burma. Several related species also exist in Southeast Asia and the Philippines. These palms are found in open hill country and jungle areas.

Edible Parts: The chief food in this palm is the starch stored in large quantities in its trunk. The juice from the fishtail palm is very nourishing and you have to drink it shortly after getting it from the palm flower shoot. Boil the juice down to get a rich sugar syrup. Use the same method as for the sugar palm to get the juice. The palm cabbage may be eaten raw or cooked.

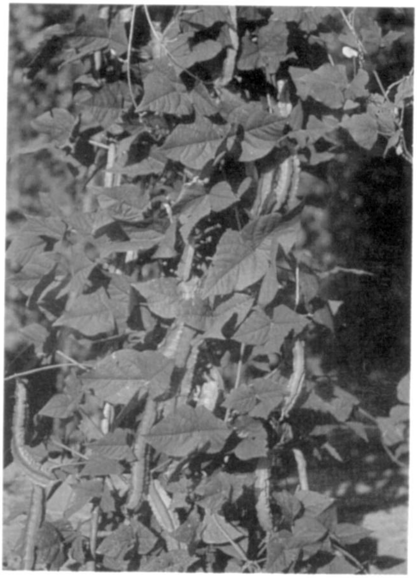


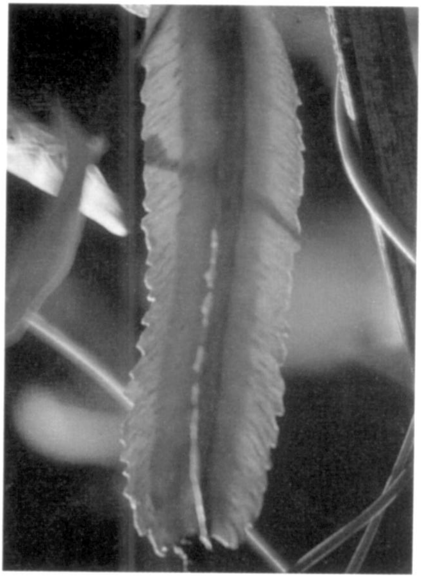
Foxtail grass
Setaria species

Description: This weedy grass is readily recognized by the narrow, cylindrical head containing long hairs. Its grains are small, less than 6 millimeters long. The dense heads of grain often droop when ripe.

Habitat and Distribution: Look for foxtail grasses in open, sunny areas, along roads, and at the margins of fields. Some species occur in wet, marshy areas. Species of *Setaria* are found throughout the United States, Europe, western Asia, and tropical Africa. In some parts of the world, foxtail grasses are grown as a food crop.

Edible Parts: The grains are edible raw but are very hard and sometimes bitter. Boiling removes some of the bitterness and makes them easier to eat.





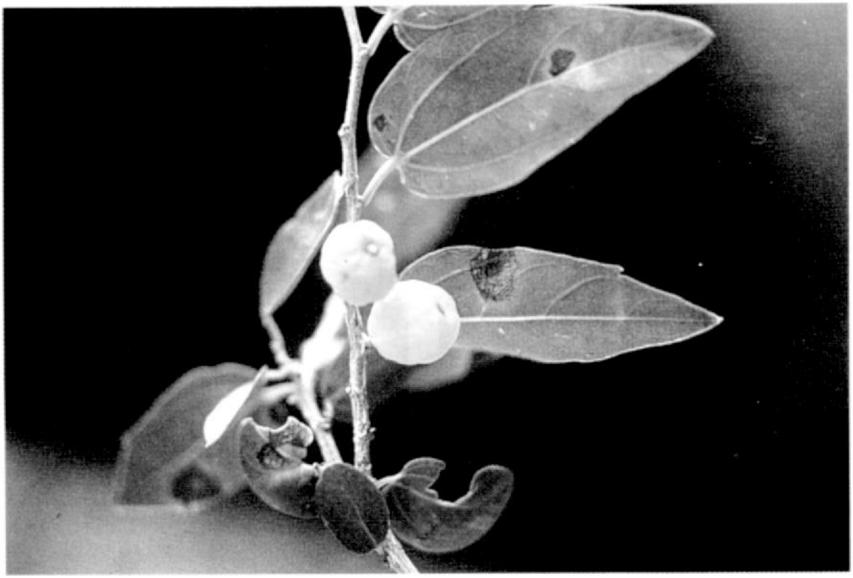
Goa bean

Psophocarpus tetragonolobus

Description: The goa bean is a climbing plant that may cover small shrubs and trees. Its bean pods are 22 centimeters long, its leaves 15 centimeters long, and its flowers are bright blue. The mature pods are 4-angled, with jagged wings on the pods.

Habitat and Distribution: This plant grows in tropical Africa, Asia, the East Indies, the Philippines, and Taiwan. This member of the bean (legume) family serves to illustrate a kind of edible bean oommon in the tropics of the Old World. Wild edible beans of this sort are most frequently found in clearings and around abandoned garden sites. They are more rare in forested areas.

Edible Parts: You can eat the young pods like string beans. The mature seeds are a valuable source of protein after parching or roasting them over hot coals. You can germinate the seeds (as you can many kinds of beans) in damp moss and eat the resultant sprouts. The thickened roots are edible raw. They are slightly sweet, with the firmness of an apple. You can also eat the young leaves as a vegetable, raw or steamed.



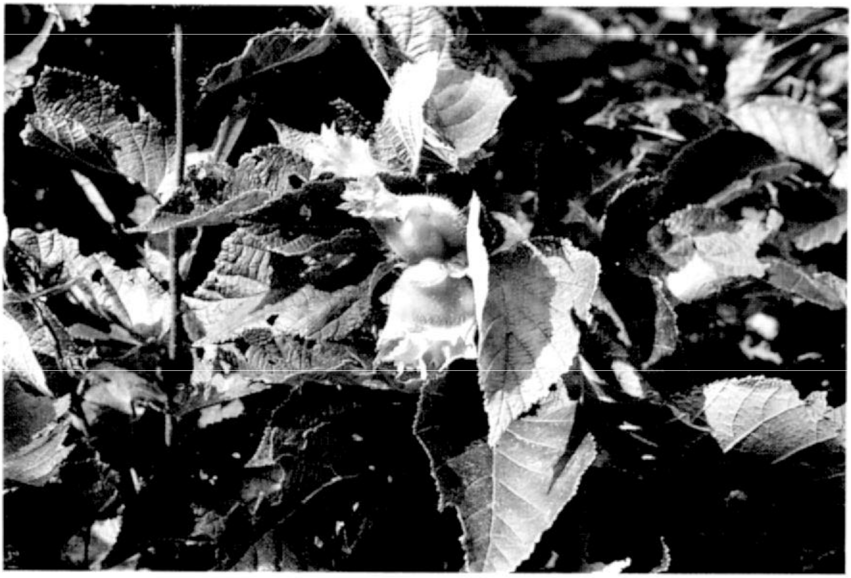
Hackberry

Celtis species

Description: Hackberry trees have smooth, gray bark that often has corky warts or ridges. The tree may reach 39 meters in height. Hackberry trees have long-pointed leaves that grow in two rows. This tree bears small, round berries that can be eaten when they are ripe and fall from the tree. The wood of the hackberry is yellowish.

Habitat and Distribution: This plant is widespread in the United States, especially in and near ponds.

Edible Parts: Its berries are edible when they are ripe and fall from the tree.



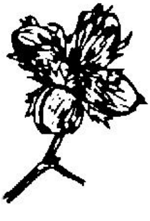
Hazelnut or wild filbert

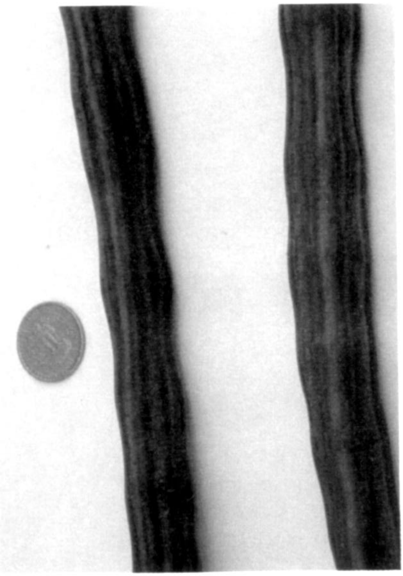
Corylus species

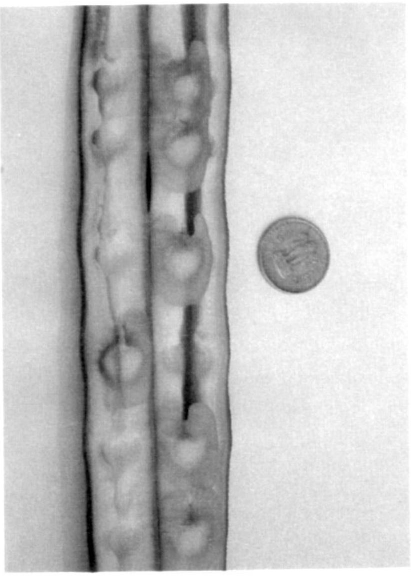
Description: Hazelnuts grow on bushes 1.8 to 3.6 meters high. One species in Turkey and another in China are large trees. The nut itself grows in a very bristly husk that conspicuously contracts above the nut into a long neck. The different species vary in this respect as to size and shape.

Habitat and Distribution: Hazelnuts are found over wide areas in the United States, especially the eastern half of the country and along the Pacific coast. These nuts are also found in Europe where they are known as filberts. The hazelnut is common in Asia, especially in eastern Asia from the Himalayas to China and Japan. The hazelnut usually grows in the dense thickets along stream banks and open places. They are not plants of the dense forest.

Edible Parts: Hazelnuts ripen in the autumn when you can crack them open and eat the kernel. The dried nut is extremely delicious. The nut's high oil content makes it a good survival food. In the unripe stage, you can crack them open and eat the fresh kernel.







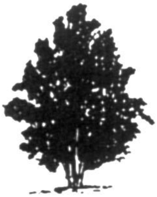
Horseradish tree

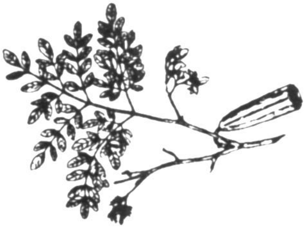
Moringa pterygosperma

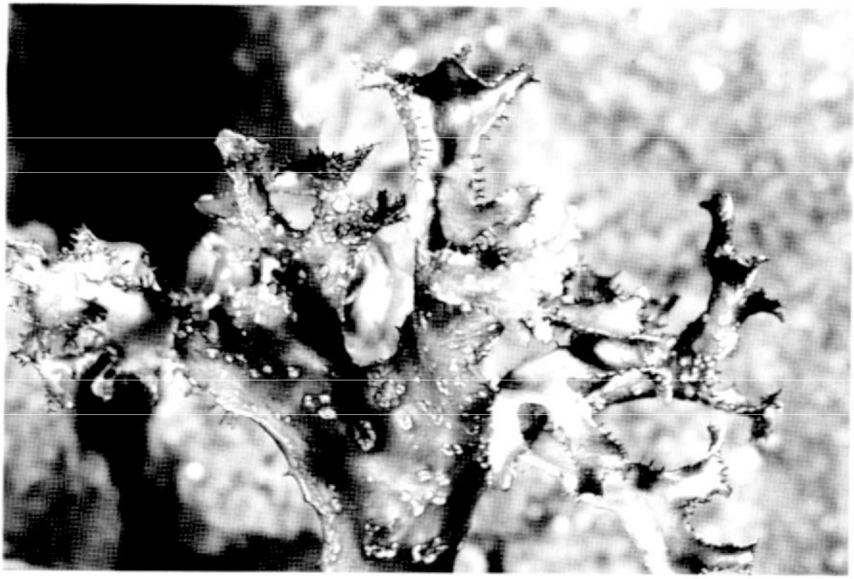
Description: This tree grows from 4.5 to 14 meters tall. Its leaves have a fernlike appearance. Its flowers and long, pendulous fruits grow on the ends of the branches. Its fruit (pod) looks like a giant bean. Its 25- to 60-centimeter-long pods are triangular in cross section, with strong ribs. Its roots have a pungent odor.

Habitat and Distribution: This tree is found in the rain forests and semievergreen seasonal forests of the tropical regions. It is widespread in India, Southeast Asia, Africa, and Central America. Look for it in abandoned fields and gardens and at the edges of forests.

Edible Parts: The leaves are edible raw or cooked, depending on their hardness. Cut the young seedpods into short lengths and cook them like string beans or fry them. You can get oil for frying by boiling the young fruits of palms and skimming the oil off the surface of the water. You can eat the flowers as part of a salad. You can chew fresh, young seedpods to eat the pulpy and soft seeds. The roots may be ground as a substitute for seasoning similar to horseradish.





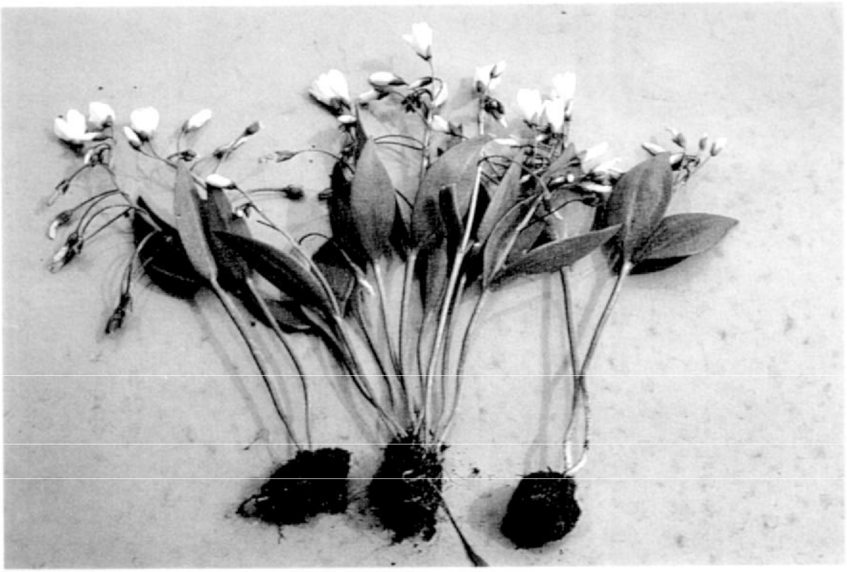


Iceland moss
Cetraria islandica

Description: This moss grows only a few inches high. Its color may be gray, white, or even reddish.

Habitat and Distribution: Look for it in open areas. It is found only in the arctic.

Edible Parts: All parts of the Iceland moss are edible. During the winter or dry season, it is dry and crunchy but softens when soaked. Boil the moss to remove the bitterness. After boiling, eat by itself or add to milk or grains as a thickening agent. Dried plants store well.



Indian potato or Eskimo potato

Claytonia species

Description: All *Claytonia* species are somewhat fleshy plants only a few centimeters tall, with showy flowers about 2.5 centimeters across.

Habitat and Distribution: Some species are found in rich forests where they are conspicuous before the leaves develop. Western species are found throughout most of the northern United States and in Canada.

Edible Parts: The tubers are edible but you should boil them before eating.